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## Kids in the Kitchen

Alpha Bakery Children's Cookbook. Gold Medal Flour, General Mills, Inc., 1991.

Cook and Learn: Pictorial Single Portion Recipes – A Child's Cookbook. Beverly Veitch and Thelma Harms. Addison-Wesley Publishing Company, 1981.

Cooking Art: Easy Edible Art for Young Children. Gryphon House, 1997. *Geared at grades 3-8. Includes theme-related chapters, such as Shapes & Forms; Numbers & Letters; Transportation & Travel; Building & Construction; and Animals & Creatures.*

Cooking with Kids – A Nutrition, Foods and Mealtime Program for Grades PreK-6. Oregon Dairy Council, 1997. *Program goals: To help elementary age children experience the positive effects of eating with family and friends and to make meal preparation an enjoyable and satisfying experience by teaching children safe, simple and healthful food preparation and cooking techniques.*

Cooking with Kids (Preschool-Grade 6). Oregon Dairy Council, Revised 2000. *Use to teach children basic culinary skills, allow them to try a variety of healthy foods and begin forming positive food attitudes. Includes 15 quick food/mealtime activities, 20 simple recipes and Teacher's Guide.*

Cool Cooking for Kids: Recipes and Nutrition for Preschoolers. Pat McClenahan and Ida Jaqua, Fearon Pitman Publishers, Inc., 1976.

Food, Family and Fun – A Seasonal Guide to Healthy Eating. U.S. Department of Agriculture, 1996. *Family recipes including nutrition information.*

Fun with Fruits and Vegetables: Kid's Cookbook. Dole Food Company, 1992.

Gobble Up Math: Fun Activities to Complete and Eat for Kids in Grades K-3. Sue Mogard and Ginny McDonnell. The Learning Works, Inc., 1994. *Contains creative cooking activities that can be used by teachers and parents to teach basic math concepts. Children can eat their nutritious math experiments when they are done learning.*

Gobble Up Science: Fun Activities to Complete and Eat for Kids in Grades 1-4. Carol A. Johmann and Elizabeth J. Rieth. The Learning Works, Inc., 1996. *Contains creative cooking activities that can be used by teachers and parents to teach basic science concepts. Children can eat their nutritious science experiments when they are done learning.*

Hands On Cooking Projects for Children & Parents. Marty Lash Cook, Rita K. Moore and Alyce D. Fly, Bloomington Developmental Learning Center, Bloomington, Indiana, 1993. *Includes nutrient analysis of recipes.*

I Made It Myself Cookbook – A Child's Cookbook of Single Servings. Val Kositsky, Betty McFarlane and Megs Swenson, 1973.

Just for Kids Cookbook. Avis and Ward Nutrition, Inc., 1990.

Kids Around the World Cook! Arlette N. Braman. John Wiley & Sons, 2000. *Safe and easy-to-make recipes and interesting facts.*

Kids Cook! Fabulous Food for the Whole Family. Sarah Williamson and Zachary Williamson, Williamson Publishing, 1992. *Over 150 recipes. Also features nutrition notes, safety tips and food trivia.*

Kids' Cookbook. American Heart Association, Times Books, 1993.

Kids...Get Cookin'! Public Health Institute, 1998. *Child-friendly cookbook featuring celebrity recipes which focus on fruits and vegetables. Tool to involve teachers, students, parents and community organizations in interactive, entertaining nutrition education activities. Recipes and text are in both English and Spanish.*

Kids in the Kitchen. New England Dairy and Food Council, 1996. *Resource to help kids cook. Includes: The Chef in Me and camera-ready handouts on snacking and snack recipes.*

Kids' Kitchen: The No Cooking Cookbook and Activity Guide. Barbara Storper, M.S., R.D., Foodplay, 1992. *For adults with kids ages 4-10. Features no-cook recipes (low fat, low sugar), reproducible recipe cards and creative food activities. Accompanies "Kids' Kitchen" video.*

Kitchen Fun for Kids – CSPI's Kids Cookbook: Healthy Recipes and Nutrition Facts for 7-12 Year Old Cooks. Michael Jacobson and Laurel Hill, Henry Holt & Co., 1991.

Let's Celebrate: A World of Healthy Foods. West Virginia Department of Education, Office of Child Nutrition, 1996. *Resource to help expand students' opportunities to learn healthy eating skills by exploring a variety of multicultural foods. Includes ideas and recipes for both classroom and cafeteria.*

Let's Party – Party Ideas for School and Home. West Virginia Department of Education, Office of Child Nutrition, 1994. *Focuses on helping children develop sound eating habits and positive attitudes toward food. Celebrations that offer healthy and tasty foods reinforce classroom lessons about eating and good health, and send an important message that healthy eating can be fun. The book provides suggestions, ideas and recipes, many of which encourage children's participation.*

Look Who's Cooking! Georgia Department of Education, 1997. *Video targeting primary grade students. Demonstrates food preparation activities while family members help reinforce the basics of math, language arts, nutrition and science. RT 30:00.*

Now We're Cooking Curriculum Kit. *Kit features lesson plans, menus and activities in both English and Spanish.*

Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up. Mollie Katzen and Ann Henderson, Tricycle Press, 1994.

Selected Recipe Steps and Newsletters to Accompany Cook and Learn. Beverly Veitch and Thelma Harms, Addison-Wesley Publishing Company, 1981.

Someone's in the Kitchen with Mommy. Elaine Magee, R.D. Contemporary Books, 1998. *Over 100 easy recipes and crafts for any kitchen, especially those with kids aged 2-6. Recipes include nutritional analysis.*

Summertime and the Cookin' is Easy: Children's Recipes. West Virginia Department of Education, 1991.

The Healthy Start Kids' Cookbook: Fun and Healthful Recipes that Kids Can Make Themselves. Sandra K. Nissenberg, M.S., R.D., Editor, 1994. *Six- to ten-year-olds learn how to make healthy versions of the foods they love while learning kitchen and nutrition basics.*

The Kid's Cookbook, Third Edition. Patricia Barrett-Dragan and Rosemary Dalton. Bristol Publishing Enterprises, Inc., 1992.

The Kid's Stuff Popcorn Book. Incentive Publications, 1979.

The Science Chef: 100 Fun Food Experiments and Recipes for Kids. Joan D'Amico and Karen Eich Drummond, R.D., 1995. *Teaches basic science by doing fun cooking projects. All experiments and recipes require common kitchen ingredients and utensils.*

The United States Cookbook – Fabulous Foods and Fascinating Facts From All 50 States. Joan D'Amico and Karen Eich Drummond. John Wiley & Sons, 2000.

Travel the World Cookbook. Pamela Marx. Good Year Books, 1996. *Includes 60 recipes from around the world for kids to cook.*

## Cookbooks and Recipes

- A Tool Kit for Healthy School Meals: Recipes and Training Materials. U.S. Department of Agriculture, 1995. *A collection of 53 new recipes for School Lunch and Breakfast Programs which focus on reduced fat, increased fruits, vegetables and grains, and increased ethnic variety of foods. Materials include nutrient analysis, a marketing manual to promote the healthier recipes to students, and an instruction guide on how to use the new recipes. Recipes available at: [www.nfsmi.org/New/index.html](http://www.nfsmi.org/New/index.html).*
- Alpha Bakery Children's Cookbook. Gold Medal Flour, General Mills, Inc., 1991.
- Brown Bag Success. Sandra K. Nissenberg, M.S., R.D. and Barbara N. Pearl, M.S., R.D. Chronimed Publishing Company, 1997. *Ideas on packing creative lunches for kids that are healthy and fun. Recipes include nutritional analysis.*
- Brown Bagging It – Lunches to Go! A Cookbook for a Health-Promoting Lifestyle. Jeannette L. Miller and Elisabeth Schafer, Pearl Publications, 1991.
- CACFP Menus and Recipes for Children. New York State Department of Health, 1996. *Includes 15 days of menus (breakfast, morning snack, lunch, afternoon snack) and 38 recipes.*
- Canton High Class Cooking – A Collection of Choice Recipes for Home Economics Departments. Canton High School, 1979.
- Child Care Recipes, Food for Health and Fun. U.S. Department of Agriculture, 1999. *Contains more than 180 recipes developed specifically for child care centers. Helps staff prepare meals in line with the Dietary Guidelines for Americans, by stressing the use of more fruits, vegetables and grains while lowering fat content. Includes useful booklet on working with the recipes, 43 information cards and a reprint of a Food Safety and Inspection Service publication, "Keeping Kids Safe: A Guide for Safe Food Handling & Sanitation for Child Care Providers."*
- Children's Help Your Heart Cookbook. American Heart Association, 1980.
- Connecticut Cooks for Kids: A Collection of Recipes from Childcare Providers Throughout Connecticut. Ellen L. Shanley, M.B.A., R.D., Colleen A. Thompson, M.S., R.D., and Susan S. Fiore, M.S., R.D. Connecticut State Department of Education and the University of Connecticut, 1996. *Recipes include CACFP meal pattern contribution and nutrient analysis.*
- Feed Me! I'm Yours. Vicki Lansky. Meadowbrook Press, 1994. *Cookbook of recipes for young children.*
- Food, Family and Fun – A Seasonal Guide to Healthy Eating. U.S. Department of Agriculture, 1996. *Family recipes including nutrition information (Team Nutrition).*
- Fun with Fruits and Vegetables: Kid's Cookbook. Dole Food Company, 1992.
- Healthful Menus and Recipes for Children Over 2 Years of Age in the Child and Adult Care Food Program. Pennsylvania Department of Education, 1996. *A comprehensive guide to meal planning in the CACFP, including cycle menus, recipes, information on nutrition and food safety.*
- Healthy Recipes Made From Fresh Vegetables at the Farmers Market. Vermont Nutrition Education and Training Program, Winter 1994.

Heartland Child Nutrition, Inc. Cookbook. Heartland Resources, Mandan, North Dakota, 1991. *Recipes indicating contributions to the Child Care Food Program meal pattern.*

I'm Hungry, Mom! Creative Designs, 1978.

Just for Kids Cookbook. Avis and Ward Nutrition, Inc., 1990.

Let's Celebrate: A World of Healthy Foods. West Virginia Department of Education, Office of Child Nutrition, 1996. *Resource to help expand students' opportunities to learn healthy eating skills by exploring a variety of multicultural foods. Includes ideas and recipes for both classroom and cafeteria.*

Let's Party – Party Ideas for School and Home. West Virginia Department of Education, Office of Child Nutrition, 1994.

Module III: Recipe Book – Recipes for Early Childhood. Molly C. Garelick and E. Audrey Clark, Editors, California State University, Northridge, Home Economics Department, 1981.

Mrs. Beeton's Healthy Eating: Making More of Vegetables. Ward Lock Publishers, 1994. *Creative ways to serve vegetables. Includes tips on buying produce, cooking methods and an A to Z listing of vegetables, their varieties and preparatory hints.*

Nutrition A La Carte. Association for Child Development of Michigan and Illinois, 1995. *Includes nutritious recipes based on the Food Guide Pyramid. Contains meal pattern information for the Child and Adult Care Food Program.*

Quick Meals for Healthy Kids and Busy Parents. Sandra K. Nissenberg. Chronimed Publishing, 1998.

Recipes to Grow On. Central Minnesota Child Care, Inc., 1984. *Recipes for feeding preschool children in family day care homes, child care centers and nursery schools. Contributions to CACFP meal pattern components are indicated.*

Standardized Ethnic Recipes for Child Care Centers and Family Day Homes. Texas Nutrition Education and Training Program.

Sugar-Free Toddlers. Susan Watson, Williamson Publishing, 1991.

Summertime and the Cookin' is Easy: Children's Recipes. West Virginia Department of Education, 1991.

The (No Leftovers) Child Care Cookbook: Kid Tested Recipes and Menus for Centers & Home-Based Programs. Jac Lynne Dunkle and Martha Shore Edwards, Redleaf Press, 1992. *All recipes meet CACFP Guidelines.*

The SPIN (Special Program in Nutrition) Cookbook: A Collection of Heart Healthy, Low Fat and Low Cholesterol Recipes. Gladstone Foundation for Cardiovascular Disease, University of California, San Francisco, 1989.

The Taming of the C.A.N.D.Y. Monster: A Cookbook to Get Kids to Eat Less Junk Food. Vicki Lansky, The Book Peddlers, 1982.

The United States Cookbook – Fabulous Foods and Fascinating Facts From All 50 States. Joan D’Amico and Karen Eich Drummond. John Wiley & Sons, 2000.

What's Cookin' – A Collection of Recipes from Nebraska Day Care Home Providers. Nebraska Department of Education, 1991. *Contributions to CACFP meal pattern components are indicated.*

What's Cookin' II – A Collection of Recipes from Nebraska Day Care Home Providers. Nebraska Department of Education, 1997. *Contributions to CACFP meal pattern components are indicated.*

200 Kid-Tested Ways to Lower the Fat in Your Child's Favorite Foods. Elaine Moquette-Magee, Chronimed Publishing, 1993.

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## Snacks

Breakfast and Snack Basics: A Guide for Child Care Providers. Florida Department of Citrus, 1995.

*Designed to help child care providers develop a healthy and tasty selection of breakfast and snacks for kids.*

Choose Healthy Snacks – Nutrition & Activity Education Program Based on the U.S. Dietary Guidelines, Levels 1-5. Healthy Choices for Kids, Growers of Washington State Apples, 1995.

Great Tasting Snacks. Linda Fox Simmons, Nutrition and Health Training Alternatives, 1990.

Healthy Food for Healthy Kids: A Practical and Tasty Guide to Your Child's Nutrition. Bridget Swinney. Meadowbrook Press, 1999.

Healthy Heart Snack Choices Resource Guide. Cornell Cooperative Extension, 1996. *Provides child care programs with a comprehensive collection of healthful, tasty snack recipes for children. Includes recipes, games and parent information. All recipes are CACFP creditable.*

Healthy Snack and Fast Food Choices. Mary Turck. Capstone Press, 2001. *A book for teens containing tips for making healthy choices while eating on the run or at home.*

Healthy Snacks for Kids: Creative Treats, Drinks and Meals You Can Prepare in a Jiffy. Penny Warner, Bristol Publishing Enterprises, 1989.

Healthy Snacks: Low Fat, Low Sugar, Low Salt. Susan Hodges, Warren Publishing House, Inc., 1994. *Includes nutrient analysis information. (2 copies)*

Healthy Treats and Supper Snacks for Kids. Penny Warner. Contemporary Books, 1994. *More than 200 tasty, good-for-you meals, snacks and beverages.*

Kids...Get Cookin'! Public Health Institute, 1998. *Child-friendly cookbook featuring celebrity recipes which focus on fruits and vegetables. Tool to involve teachers, students, parents and community organizations in interactive, entertaining nutrition education activities. Recipes and text are in both English and Spanish.*

Multicultural Snacks. Susan Hodges, Warren Publishing House, 1995. *Contains 75 recipes from 38 different countries. Each chapter is dedicated to a different type of food and to the different ways that same food can be prepared. Includes CACFP meal pattern information.*

Nibble, Slurp and Crunch: Creditable Snacks that Deal with Themes (CACFP). Child Nutrition Unit, Pennsylvania Department of Education, 1991.

Nutra-Ed's Funtastic Recipes (Preschool Cooking). Lynda M. Roberson, Second Edition, Community Services League, 1988. (2 copies)

Summertime Snacks: Recipes and Menu Ideas for the Michigan Summer Food Service Program. U.S. Department of Agriculture, Food and Nutrition Service, Midwest Regional Office of Public Affairs.

Snack Ideas for Day Care Centers. Maryland Department of Health and Mental Hygiene, 1982.

Snack Smart. Florida Department of Education, 1992. *An educational unit designed for use with K-8 grades. Includes six lesson plans coordinated with the 1990 Dietary Guidelines and pre/post test for evaluation. Includes student activity worksheet and recipes designed to encourage healthy snacks with decreased sodium, fat and sugar.*

Snack Stars: Personal Exploration into Nutritious Snacking – Teacher's Guide. National Dairy Council, 1993. *Includes interdisciplinary lessons. Teaches five food groups approach for primary grades.*

Snack Treks: Adventure in Healthy Eating – Teacher's Guide. National Dairy Council, 1993. *Intermediate grades.*

Snackin' Smart – Fun Activities and Recipes Your Kids Will Love to Eat. State of Ohio Department of Education, 1996. *Snack recipes and activities to encourage children to share cultural preferences for food, to develop eye-hand coordination and to discuss food groups by association, categorization and sequencing.*

Snacks for the Young Child. Child and Adult Care Food Program, U.S. Department of Agriculture, Mountain Plains Regional Office, 1991.

Snackivities! 50 Edible Activities for Parents and Children. MaryAnn F. Kohl and Jean Potter. Robins Lane Press, 2001.

Super Snacks: Seasonal Sugarless Snacks. Jean Warren, Warren Publishing House, Inc., 1992. *Includes CACFP meal pattern crediting information.*

Teaching Snacks: Snacktime Learning Opportunities. Gayle Bittinger, Warren Publishing House, Inc., 1994. (2 copies)

The Joy of Snacks: Good Nutrition for People Who Like to Snack. Nancy Cooper, DCI Publishing Co., 1991.